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ABSTRACT

This book provides an overview of recent ideas and research on faculty stress and presents plans of action for stress reduction. Self-assessment instruments, schematic models, and exercises are used throughout the text to assist in understanding, internalizing, and applying the key concepts of stress management. Chapter 1, "Check Your Stress Level," encourages the reader to minimize negative stress factors and maximize the positive ones and offers guidelines on plotting a harmonic stress pattern by combining an individual's healthy stress pattern with his or her potentially hazardous and chronic stress pattern. "Identify Your Stress Traps" presents the Faculty Stress Index, outlines five major faculty stressors, and provides strategies for defusing stress traps. "Use the Power of Perception" considers the personalities, beliefs, and behaviors that affect one's perception of and responses to stressors and outlines ways to change behaviors to become more effective. The final chapter, "Balance Your Personal and Professional Pressures," outlines a personal and career planning process consisting of lining up one's professional career, identifying critical spheres of life, and setting professional aspirations and goals. Contains 32 references and 6 additional resources. (JDD)

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